

We all carry emotional baggages to varying degrees—painful childhood memories, grief over the loss of a loved one, the devastation of a

knees and joints—the parts of your body that are designed to be open and flexible.

Arthritis is bottled-up hurt.

YOUR EMOTIONS - ARE THEY MAKING YOU SICK?

Asthma, Cancers, Diabetes, Hair Loss, Hypertension, Joint Pains, Menstrual Problems, Skin Complaints.....Could Be Triggered By Your Emotions.

marriage or relationship break up, the trauma of loss of job, etc..Who hasn't suffered rejection, betrayal, hardship, failure, shame, longing, guilt, loss of self-esteem, or sorrow to some degree?

As an emotion travels along your nerves, it triggers the release of chemical proteins called neuro-peptides (NPs). Each emotion triggers the release of specific NP's which in turn cause a specific response. For instance, happiness, joy, laughter, and orgasms cause the release of endorphins. Endorphins are powerful opiates that make you feel good. They boost your immune system, relax muscles, elevate your mood, and dampen pain.

Similarly Adrenalin is released when you feel fear, anxiety or stress. It suppresses your immune system, impairs digestion, uses up vital vitamins and minerals, causes pain and stiffness, which makes your body acidic resulting in inflammation, and drains vitality.

Since your body/mind/spirit are all connected, negative emotions reflect on your face and change the appearance of eyes,



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expression, skin texture, color and tension. These negative emotions also lead to disease and pre-mature aging!

Emotions like resentment and bitterness are like acids. They cause inflammation and pain. Stubborn, inflexible resentment goes to the

Cancer is caused by a deep secret, hatred, guilt, or grief 'eating away' at you.

Breast and uterine cancer reveals a lack of nurturing or self-nurturing in your life, or an inability to nurture others.



Skin ailments like **psoriasis** are triggered when there is loss of contact with mother, family, and friends.

Many of us have learnt to suppress our emotions for years. It's no wonder so many people feel tired, listless, and sick all the time. So many people have forgotten what it feels to be healthy, and to look forward to each day.

At VITANOVA Homeopathic Clinics we spend time with a patient to make sure we understand thoroughly what emotion/stress/worry could have triggered your present illness. A single remedy is then chosen that matches each case of disease which in turn restores balance to the many systems of the body that keep us well. We're here to help you regain your health and vitality!



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